

SEPTEMBER, 2021

# ASHBURN TIMES

*What's New?*



## Where Did the Summer Go?

It is hard to believe the summer is over, kids are back in school and cooler weather is on the horizon! This month we continue to offer a variety of activities at the Ashburn Senior Center like line dancing and creative corner. In addition, we have included presentations on Coping with Hearing Loss, Fall Prevention and the Difference Between Medicare Advantage and Original Medicare. Of course, September would not be complete without Labor Day and Grandparents' Day celebrations! Please check the calendar for details and plan to join us for some learning and some fun!







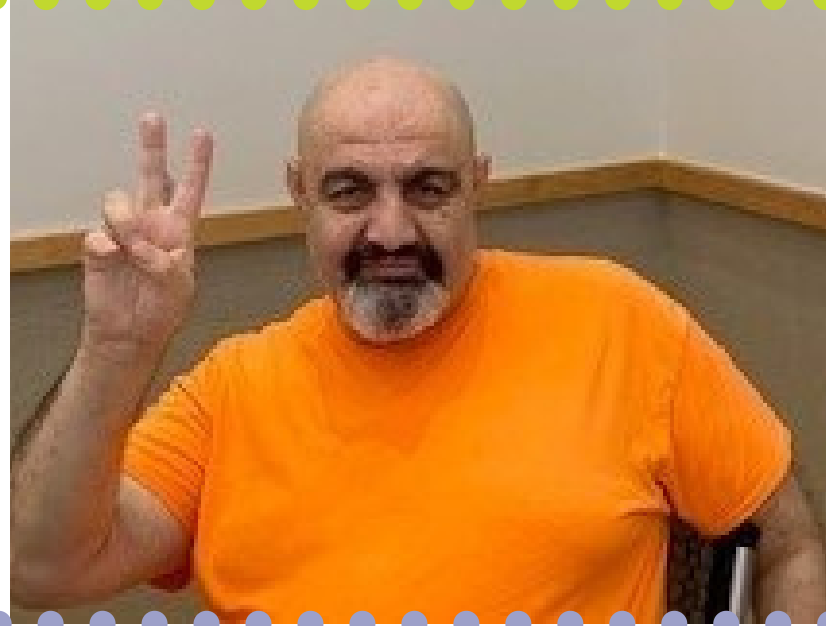
## National Day of Giving

We welcome a group of students from Brambleton Middle School on Friday, September 10th from 9:30 to 11:30 a.m.

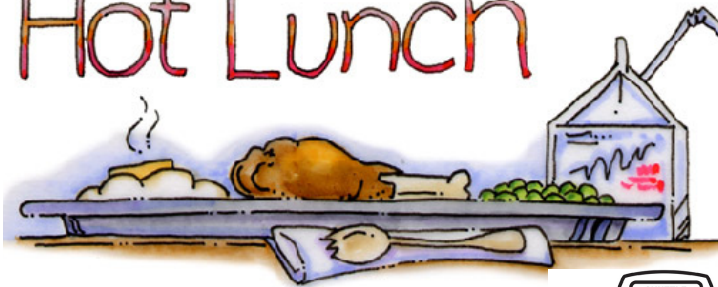
The kids will participate in activities like arts and crafts, games and gardening around the Ashburn Senior Center. We will also be celebrating Grandparents' Day on September 10th. Bring in the grandkids for an ice cream social on our back patio!

## Loudoun County Transit

The Ashburn Senior Center has been added as a stop on the Loudoun County Transit [Route 62!](#) Buses will arrive at the Center starting at approximately 7:13 am, 8:13 am, 9:13 am, and continually every hour with the last trip at 6:13 pm. That is a total of 12 trips every weekday. We look forward to continuing to serve our community and encouraging access for everyone.



## Hot Lunch



### For Home-Delivered Meals

\*Must be eligible to receive Home Delivered Meals

for more information, call **Debra Mobley** at 703-771-5012



## [Ashburn Senior Center Lunch & Transportation Service](#)

Please call or sign-up at the front desk 24 hours in advance for lunch and bus reservations. **571.367.8340**

Under 60 years old must pay \$4.00 for their lunch.

Persons 60 years and older, we encourage you to make a donation in the lunchbox on the counter.

# SEPTEMBER *Activities*

## WEDNESDAY

## THURSDAY

## FRIDAY

### ROOM KEY

- Lobby-LOB
- Dance Studio- DAN
- Wellness Room- WELL
- Computer Lab- COMP
- Game Room- GAM
- Art Classroom 115- ART115
- Art Classroom 116- ART116
- Club Room- CLUB
- Multipurpose 1- MULTI1
- Multipurpose 2- MULTI2
- Multipurpose 3- MULTI3

9/1

9-12 PM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Ping Pong  
(Multi2)

10-11:30 AM  
Canasta & Mexican Train  
(Multi1)

10-11 AM  
Tech Time  
(COMP)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

12 PM LUNCH  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

12:30 PM  
Matinee Movie:  
Hang 'em High  
(CLUB)

1 PM  
Sit & Fit  
(DAN)

1:30-4:30 PM  
Poker  
(Multi2)

9/2

9 AM  
Walking Club  
(LOB)

9-1:30 PM  
Pickleball  
Open Court  
(Multi3)

10 AM  
Conversational  
Spanish  
(ART116)

10 AM  
Out on the Town:  
Trader Joe's  
(LOB)

11 AM  
Chinese Folk Dance  
(DAN)

11 AM  
Gardening Club  
(ART115)

11:30-12:30 PM  
Browsing Library  
(LOB)

12 PM LUNCH  
(Multi1&2)

1 PM  
Music in Motion  
(DAN)

1:30-4:30 PM  
Party Bridge  
(Multi2)

1:30-2:30 PM  
Pickleball Instruction  
(Multi3)

2:30-4:30 PM  
Beginner Pickleball  
(Multi3)

9/3

9-11 AM  
Beginner Pickleball  
(Multi3)

10 AM  
Current Events  
Discussion  
(ART116)

10-11 AM  
Beginner Chess  
(CLUB)

10 AM  
Intermediate Line Dance  
(DAN)

11-4:30 PM  
Pickleball Open Court  
(Multi3)

11:30-1:30 PM  
Labor Day Beach Jam  
Wear Your College  
Colors Day  
(Multi1&2)

12 PM LUNCH  
(Multi1&2)

1 PM  
Strength, Core &  
Balance  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)

2-4:30 PM  
Pickleball Open Court  
(Multi1,2)

## Saturday Schedule

Starting Saturday, September 11th.

Hours: 8 AM- 12 PM

NO transportation or lunch is available.

8-11:30 AM

Games  
(CLUB)



8-10:30 AM

Open Billiards  
(GAM)



10:30-11:30 AM

Billiards Club  
(GAM)



8-10 AM

Beginner Pickleball Open Court  
(Multi1&2)

8-11:30 AM

Pickleball Open Court  
(Multi3)



8-11:30 AM

Fitness & Computer Rooms Open

# SEPTEMBER *Activities*

**MONDAY**

9/6

**Ashburn  
Senior  
Center  
Closed  
for**



**TUESDAY**

9/7

10 AM  
Music in Motion  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

**12 PM LUNCH**  
(Multi1&2)

12-2 PM  
Badminton  
(Multi3)

1 PM  
Life of Grandma Moses  
(ART116)

1:30-4:30 PM  
Mahjong  
(Multi2)

2 PM  
Creative Corner:  
Wine Down Fall Decor  
(ART115)

2-4:30 PM  
Beginner Pickleball  
(Multi3)

**WEDNESDAY**

9/8

9-12 PM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Ping Pong  
(Multi2)

10-11:30 AM  
Canasta & Mexican  
Train  
(Multi1)

10-11 AM  
Tech Time  
(COMP)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

11-12 PM  
Signs & Coping Skills  
Related to Hearing Loss  
& Assistive Tech  
(Multi1&2)

**12 PM LUNCH**  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

1 PM  
Sit & Fit  
(DAN)

1:30-4:30 PM  
Poker  
(Multi2)

**THURSDAY**

9/9

9 AM  
Walking Club  
(LOB)

9-1:30 PM  
Pickleball  
Open Court  
(Multi3)

10 AM  
Conversational  
Spanish  
(ART116)

**10 AM**  
Out on the Town:  
Patel Brothers  
(LOB)

11 AM  
Chinese Folk Dance  
(DAN)

**12 PM LUNCH**  
(Multi1&2)

1 PM  
Music in Motion  
(DAN)

1:30-4:30 PM  
Party Bridge  
(Multi2)

1:30-2:30 PM  
Pickleball Instruction  
(Multi3)

2:30-4:30 PM  
Beginner Pickleball  
(Multi3)

**FRIDAY**

9/10

9-11 AM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Gardening Club  
(ART115)

10 AM  
Current Events Discussion  
(ART116)

10-11 AM  
Beginner Chess  
(CLUB)

10 AM  
Creative Corner:  
Wine Down Fall Decor  
(ART115)

10 AM  
Intermediate Line Dance  
(DAN)

11-4:30 PM  
Pickleball Open Court  
(Multi3)

**12 PM LUNCH**  
(Multi1&2)

1 PM  
Grandparents' Day Ice Cream  
Social  
(Multi1&2)

1 PM  
Strength, Core & Balance  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)

2-4:30 PM  
Pickleball Open Court  
(Multi1,2)

**Welcome Brambleton  
Middle School!**



# SEPTEMBER

# Activities

## MONDAY

9/13

9-11 AM  
Ping Pong  
(Multi2)

10-11 AM  
Bingo!  
\$.50/card  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10-11 AM  
Tech 101  
(COMP)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Stretch, Core & Balance  
(DAN)

**12 PM LUNCH**  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

12-1 PM  
Intro Line Dancing  
(DAN)

1-2 PM  
Ukulele Instruction  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
(Multi1&2)

Line Dancing Week Begins

## TUESDAY

9/14

10 AM  
Music in Motion  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

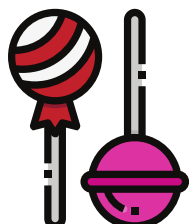
**12 PM LUNCH**  
(Multi1&2)

12-2 PM  
Beachball Volleyball  
(Multi3)

1:30-4:30 PM  
Mahjong  
(Multi2)

2-4:30 PM  
Beginner Pickleball  
(Multi3)

**TOOTSIE DAY!**



## WEDNESDAY

9/15

9-12 PM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Ping Pong  
(Multi2)

10-11:30 AM  
Canasta & Mexican Train  
(Multi1)

10-11 AM  
Tech Time  
(COMP)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

**12 PM LUNCH**  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

12:30 PM  
Matinee Movie:  
Moonstruck  
(CLUB)

1 PM  
Sit & Fit  
(DAN)

1 PM  
Hispanic Americans in  
History  
(ART116)

1:30-4:30 PM  
Poker  
(Multi2)

National Hispanic Heritage  
Month Begins

## THURSDAY

9/16

9 AM  
Walking Club  
(LOB)

9-1:30 PM  
Pickleball  
Open Court  
(Multi3)

10 AM  
Conversational  
Spanish  
Who Am I? Trivia  
(ART116)

**10 AM**  
Out on the Town:  
Compass Walmart  
(LOB)

11 AM  
Chinese Folk Dance  
(DAN)

11 AM  
Gardening Club  
(ART115)

**12 PM LUNCH**  
(Multi1&2)

1 PM  
Music in Motion  
Mexican Hat Dance  
(DAN)

1:30-4:30 PM  
Party Bridge  
(Multi2)

1:30-4:30 PM  
Beginner Pickleball  
(Multi3)

Mexican Independence  
Day

## FRIDAY

9/17

9-11 AM  
Beginner Pickleball  
(Multi3)

10 AM  
Current Events  
Discussion  
(ART116)

10 AM  
Beginner Chess  
(CLUB)

10 AM  
Intermediate Line Dance  
(DAN)

**10:30 AM**  
Lunch Bunch:  
Olive Garden  
(LOB)

11-4:30 PM  
Pickleball Open Court  
(Multi3)

**12 PM LUNCH**  
(Multi1&2)

1 PM  
Strength, Core &  
Balance  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)

1:30-4:30 PM  
Pickleball  
Open Court  
(Multi1,2)

# SEPTEMBER *Activities*

## MONDAY

9/20

9-12 PM  
Sign-Up with Lori Stahl  
(WELL)

9-11 AM  
Ping Pong  
(Multi2)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10-11 AM  
Tech 101  
(COMP)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Stretch, Core & Balance  
(DAN)

12 PM LUNCH  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

12-1 PM  
Intro Line Dancing  
(DAN)

12:30-1:45 PM  
BINGO!  
\$.50/card  
(ART115)

1-2 PM  
Ukulele Instruction  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
(Multi1&2)

Fall Prevention Week

## TUESDAY

9/21

10 AM  
Music in Motion  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10-12 PM  
INOVA Blood  
Pressure Checks  
(WELL)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

12 PM LUNCH  
(Multi1&2)

12-2 PM  
Badminton  
(Multi3)

1:30-4:30 PM  
Mahjong  
(Multi2)

2 PM  
Creative Corner:  
Pumpkin Decoupage  
(ART115)

2-4:30 PM  
Beginner Pickleball  
(Multi3)

World Alzheimer's Day

## WEDNESDAY

9/22

9-12 PM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Ping Pong  
(Multi2)

10-11:30 AM  
Canasta & Mexican  
Train  
(Multi1)

10-11 AM  
Tech Time  
(COMP)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

12 PM LUNCH  
(Multi1&2)

12:30-1:30 PM  
Lunch & Learn:  
Fall Prevention &  
Safety for Seniors  
(Multi1&2)

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

1 PM  
Sit & Fit  
(DAN)

1:30-4:30 PM  
Poker  
(Multi2)

## THURSDAY

9/23

9 AM  
Walking Club  
(LOB)

9-1:30 PM  
Pickleball  
Open Court  
(Multi3)

10 AM  
Conversational  
Spanish  
(ART116)

10 AM  
Out on the Town:  
Dulles Town Center Mall  
(LOB)

11 AM  
Chinese Folk Dance  
(DAN)

11 AM  
Gardening Club  
(ART115)

12 PM LUNCH  
(Multi1&2)

1 PM  
Music in Motion  
(DAN)

1:30-4:30 PM  
Party Bridge  
(Multi2)

1:30-2:30 PM  
Pickleball Instruction  
(Multi3)

2:30-4:30 PM  
Beginner Pickleball  
(Multi3)



## FRIDAY

9/24

9-11 AM  
Beginner Pickleball  
(Multi3)

10 AM  
Current Events Discussion  
(ART116)

10-11 AM  
Beginner Chess  
(CLUB)

10 AM  
Creative Corner:  
Pumpkin Decoupage  
(ART115)

10 AM  
Intermediate Line Dance  
(DAN)

11-4:30 PM  
Pickleball Open Court  
(Multi3)

12 PM LUNCH  
(Multi1&2)

12:30 PM  
Monthly Birthday  
Bash  
(Multi1&2)

1 PM  
Strength, Core & Balance  
(DAN)

1:30-4:30 PM  
O'Heck  
(ART115)

2-4:30 PM  
Pickleball Open Court  
(Multi1,2)

Fall Foliage Day



# SEPTEMBER *Activities*

## MONDAY

9/27

9-11 AM  
Ping Pong  
(Multi2)

10-11 AM  
BINGO!  
\$.50/card  
(Multi1)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

10-11 AM  
Tech 101  
(COMP)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Stretch, Core & Balance  
(DAN)

**12 PM LUNCH**  
**(Multi1&2)**

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

12-1 PM  
Intro Line Dancing  
(DAN)

1-2 PM  
Ukulele Instruction  
(ART116)

1:30-2:45 PM  
Beginner Line Dance  
(Multi1&2)

## TUESDAY

9/28

10 AM  
Music in Motion  
(DAN)

10-12 PM  
Intro to Sewing  
(ART115)

10-11 AM  
Memoir Writing  
(CONF RM)

10:30-11:30 AM  
Virtual Yoga  
(Multi3)

11 AM  
Tai Chi  
(DAN)

11 AM  
Book Club  
(ART116)

**12 PM LUNCH**  
**(Multi1&2)**

12-2 PM  
Balloon Tennis  
(Multi3)

12:30-2 PM  
Paint & Sip:  
Painted Rocks  
Sign-up @ Desk  
(ART116)

1:30-4:30 PM  
Mahjong  
(Multi2)

2-4:30 PM  
Beginner Pickleball  
(Multi3)

**Do You Yoga? Day**

## WEDNESDAY

9/29

9-12 PM  
Beginner Pickleball  
(Multi3)

9-11 AM  
Ping Pong  
(Multi2)

10-11:30 AM  
Canasta & Mexican  
Train  
(Multi1)

10-11 AM  
Tech Time  
(COMP)

10-12 PM  
Knitting & Crocheting  
Club (ART115)

11 AM  
Tai Chi  
(DAN)

**12 PM LUNCH**  
**(Multi1&2)**

**12:30-1:30 PM**  
**Lunch & Learn:**  
**Difference Between**  
**Medicare Advantage &**  
**Original Medicare**  
**(Multi1&2)**

12-4:30 PM  
Pickleball  
Open Court  
(Multi3)

1 PM  
Sit & Fit  
(DAN)

1:30-4:30 PM  
Poker  
(Multi2)

## THURSDAY

9/30

9 AM  
Walking Club  
(LOB)

9-1:30 PM  
Pickleball  
Open Court  
(Multi3)

10 AM  
Conversational  
Spanish  
(ART116)

**10 AM**  
**Out on the Town:**  
**Target**  
**(LOB)**

11 AM  
Chinese Folk Dance  
(DAN)

11 AM  
Gardening Club  
(ART115)

**12 PM LUNCH**  
**(Multi1&2)**

1 PM  
Music in Motion  
(DAN)

1:30-4:30 PM  
Party Bridge  
(Multi2)

1:30-2:30 PM  
Pickleball Instruction  
(Multi3)

2:30-4:30 PM  
Beginner Pickleball  
(Multi3)

## PICKLEBALL SCHEDULE

### Monday

12-4:30 PM  
Open Court  
(Multi3)

### Tuesday

2-4:30 PM  
Beginner Open Court  
(Multi3)

### Wednesday

9-12 PM  
Beginner Open Court  
(Multi3)

12-4:30 PM  
Open Court  
(Multi3)

### Thursday

9-1:30 PM  
Open Court  
(Multi3)

1:30-2:30 PM  
Pickleball  
Instruction  
(Multi3)

2:30-4:30 PM  
Beginner Open Court  
(Multi3)



### Friday

9-11 AM  
Beginner Open Court  
(Multi3)

11-4:30 PM  
Open Court  
(Multi3)

2-4:30 PM  
Open Court  
(Multi1&2)

## September 2021 Senior Center Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Reservation Required</u></b> PLEASE reserve your lunch at least 24 hours before the day you would like to attend	<b>MENU Subject to Change</b> Due to the availability of products	<b>1</b> Hot Dogs Baked Beans Tossed Salad Bread Fruit Milk	<b>2</b> Swedish Meatballs Rice Mixed Vegetables Bread Fruit Milk	<b>3</b> Baked Fish Scalloped Potato Vegetable Blend Bread Fruit Milk
<b>6</b> <b>COUNTY HOLIDAY</b>  <b>NO LUNCH TODAY</b>	<b>7</b> Broccoli Quiche Glazed Apples Summer Squash Bread Fruit Milk	<b>8</b> Pork Chop Fettuccini Alfredo Spiced Applesauce Bread Fruit Milk	<b>9</b> Oven Fried Chicken Yellow Rice Oriental Vegetables Bread Fruit Milk	<b>10</b> Tuna Macaroni Salad Cheese Cubes Pickled Beets Bread Fruit Milk
<b>13</b> Chili Rice Tossed Salad Cornbread Fruit Milk	<b>14</b> Fish Sandwich Baked Potato Coleslaw Fruit Milk	<b>15</b> Spaghetti/Meat Sauce Garden Salad Bread Fruit Milk	<b>16</b> Italian Sausage Braised Cabbage Parslief Potatoes Bread Fruit Milk	<b>17</b> Chicken Salad on Bun Tortilla Chip Pasta Salad Fruit Milk
<b>20</b> Lasagna Succotash Garden Salad Bread Fruit Milk	<b>21</b> BBQ Chicken Red Beans & Rice Collard Greens Cornbread Fruit Cocktail Milk	<b>22</b> Cheeseburgers Oven Roasted Potato Tossed Salad Bread Fruit Milk	<b>23</b> Sliced Turkey /Stuffing Mashed Potatoes Green Peas Bread Fruit Milk	<b>24</b> Ham & Cheese Sandwich Macaroni Salad Tortilla Chips Fruit Milk
<b>27</b> Salisbury Steak Macaroni/Cheese Mixed Vegetable Bread Fruit Milk	<b>28</b> BBQ Pork on Bun Coleslaw Corn Fruit Milk	<b>29</b> Escalloped Chicken Roasted Potato Green Beans Bread Fruit Milk	<b>30</b> Stuffed Cabbage Corn Broccoli Florets Bread Fruit Milk	<b>THANK YOU FOR YOUR GENEROUS DONATIONS!</b> 



# YOUR *Staff*



*Ceola Grant*  
Manager



*Aristotla Porras*  
Assistant Manager



*Michele Ferris*  
Recreation  
Programmer



*Melissa Flores*  
Café Supervisor



*Tatiana Holmes*  
Customer Service



*Lori Stahl*  
Elder Resources  
Case Manager



*Justin Baer*  
Vehicle Operator



*Terri Moore*  
Vehicle Operator



Senior Center of Ashburn  
20880 Marblehead Drive  
Ashburn, VA 20147  
571.367.8340

Area Agency on Aging

[www.loudoun.gov/5563/Ashburn-Senior-Center](http://www.loudoun.gov/5563/Ashburn-Senior-Center)

**ASHBURN  
SENIOR CENTER**

*newsletter*